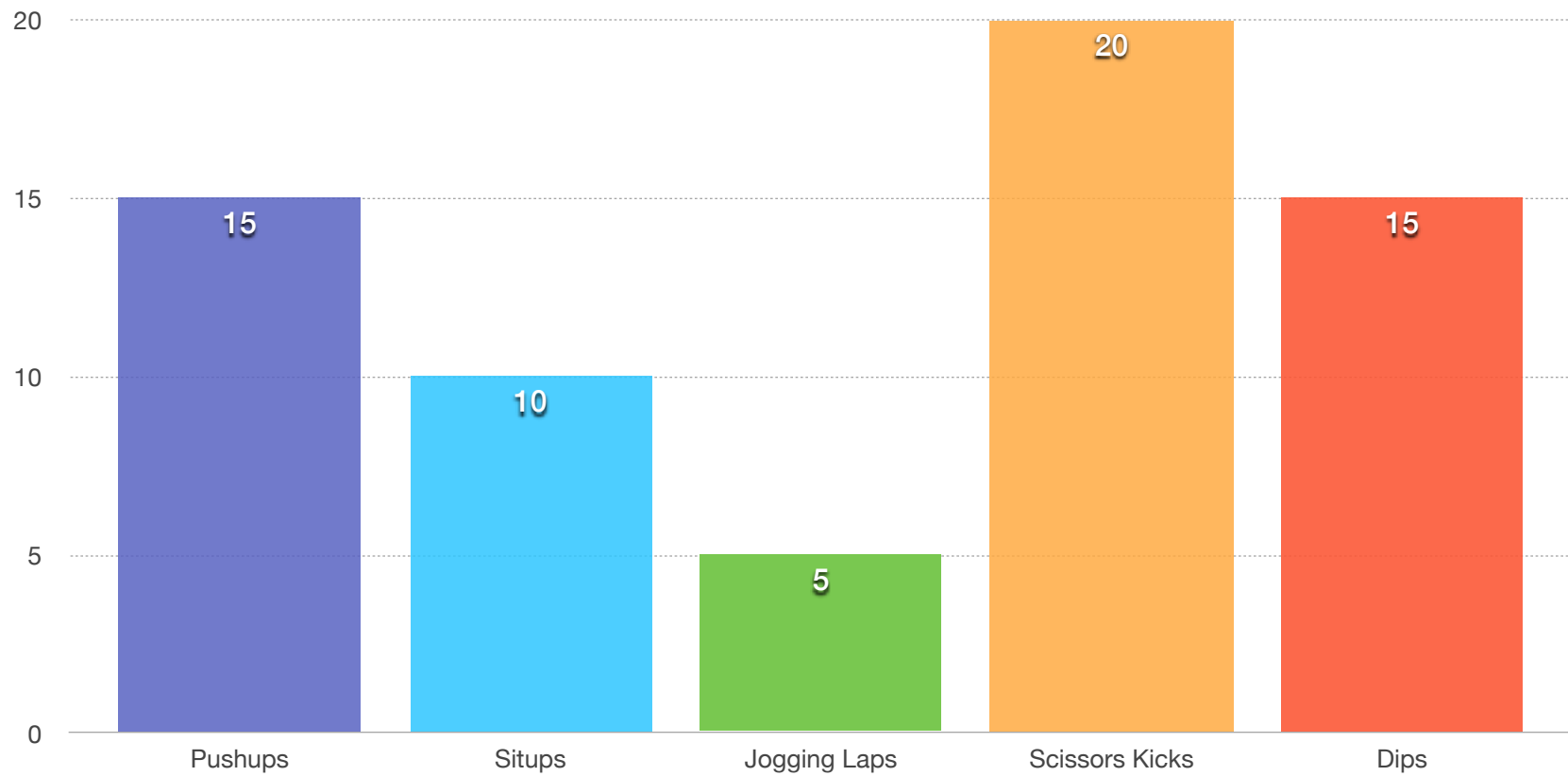


Workout #1



Workout #2

